

**BREAKFAST FITNESS BAR.** The Breakfast Bar concept provides healthy alternatives to the traditional breakfast meal. These self-serve breakfast bars should be offered when possible, in addition to and not in lieu of the current breakfast. Existing salad bar area and equipment should be utilized when implementing the Breakfast Fitness Bar. The following is a list of some suggested items for inclusion; however, selections should be guided by troop preferences and the dining facility Basic Daily Food Allowance (BDFA): unsweetened, whole grain ready-to-eat cereals, hot whole-grain cereals, fresh, frozen, dried, and canned fruit, unsweetened fruit juices, lowfat yogurt, lowfat cheeses, lowfat (1%) and skim milks and whole grain breads, rolls or muffins.

### FITNESS MENU PATTERNS

These menu patterns are developed in reference to AR 40-25, Nutrition Allowances, Standards and Education, paragraph 3-2. A reduced calorie menu is planned, using the fitness patterns for: breakfast, lunch, and dinner. The reduced calorie menus provide approximately 500 calories per meal, not to exceed 1600 calories per day. The short order fitness menu provides approximately 450-650 calories per meal. The daily fitness menu guide as listed by meal below is based on USDA Agricultural Handbook No. 8. The printed menu uses TM 10-412, Armed Forces Recipe Service recipes and is annotated with an asterisk (\*) for reduced portions on the menu.

#### FITNESS BREAKFAST MENU PATTERN

Fresh or Canned Fruit or Unsweetened Juice  
Egg or Breakfast Meat or Low Cholesterol Scrambled Egg  
Cereal or Potatoes  
Toast, Muffin or Bagel  
Lowfat (1 percent) Milk

#### FITNESS LUNCH OR DINNER MENU PATTERN

Entree  
Bread or Potato or Substitute  
Cooked Vegetable or/and  
Green Salad and Fat Free Dressing  
Fresh or Canned Fruit  
Lowfat (1 percent) Milk

## FITNESS SHORT ORDER MENU PATTERN

Fitness Menu Entree/Sandwich  
Bread or Potato or Substitute/Cooked Vegetable  
Green Salad and Fat Free Dressing  
Fresh or Canned Fruit  
Lowfat (1 percent) Milk

## FITNESS MENU STANDARD PORTIONS

<u>ITEM</u>	<u>PORTION SIZE</u>
<u>Fruit Juice</u>	5 oz
<u>Breakfast Entree:</u>	
Egg/Low Cholesterol Scrambled Egg	1
Lean Meat Sandwich	2 oz
<u>Cereal:</u>	
Dry	1 individual package
Cooked	3/4 cup
<u>Bread:</u>	
Plain or Toasted	1 or 2 slices
Muffin or Roll	1 each
Bagel or English Muffin	1 each
<u>Margarine:</u>	
Polyunsaturated	1 tsp
<u>Milk:</u>	
Lowfat (1%) Milk	1 (8 oz) cup
<u>Beverages:</u>	
Unsweetened	Unlimited
<u>Soup:</u>	1 cup
<u>Lunch and Dinner Entree:</u>	*half portion

Potato or Substitute: 1/2 cup

Baked White or Sweet Potato: 1 medium

Vegetables:

Raw unlimited

Cooked 1/2 cup

Fat Free Salad Dressings: 1 tbsp

Fruit:

Fresh 1 medium

Canned 1/2 cup

Short Order Entrees: half portion

\*Annotated on each menu item when a half portion is required to meet caloric restraints.

Fruit Juice or Fresh/Canned Fruit - Offered at each meal as an appetizer or dessert.

Breakfast Entree - Egg any style, including low cholesterol scrambled egg; lean meat breakfast sandwich (biscuit, bagel or roll served with this counts as one bread serving.)

Whole Grain Cereals - Cooked, plain hot cereal or individual serving size package of cereal prepared; unsweetened.

Bread or Muffin - Toasted or plain may be exchanged for cereal, soup, potato, or substitute.

Polyunsaturated Margarine - Offered occasionally with bread or potatoes.

### Beverages

a. Milk - Lowfat (1 percent) milk is offered at each meal as the primary milk. Skim milk, buttermilk, lowfat (2 percent) milk, lowfat chocolate flavored (1 percent) milk may be substituted.

b. Other - Unsweetened or artificially sweetened coffee, tea, or low calorie carbonated beverages are allowed.

Soup - Available lunch or dinner and may be exchanged for potato, starchy vegetable or bread.

Lunch and Dinner Entrees - May be served as half portion (\*) or full portion. When stews or casseroles are served, a slotted spoon should be used and duplicate menu components will be omitted.

Potato/Vegetable - Cooked vegetable may be served at each lunch and dinner meal.

Salads - At least one leafy green salad will be included at each lunch and dinner meal.

Fat Free Salad Dressings - Fat free salad dressings are provided. As an alternative to the fat free dressings, vinegar or lemon wedges should be made available.